

## CLAIMS

1. A habit cessation aide comprising:

a timer to time the interval between starting a habitual act,

5 a display for displaying messages in operative connection to the timer, and

a strap to strap for securing to a users.

2. A habit cessation aide as claimed in claim 1 wherein the habit is  
smoking.

3. A habit cessation aide as claimed in claim 1 further comprising an  
alarm.

4. A habit cessation aide as claimed in claim 3 wherein the alarm is at  
15 least from the group of auditory and vibratory.

5. A habit cessation device as claimed in claim 1 wherein the device is in  
the form of a wristwatch.

20 6. A habit cessation aide as claimed in claim 1 further comprising:  
a means for functioning as a wristwatch and displaying items including at least time,  
date, elapsed time.